


Small Group Training Programs - June 2017

Small Group Training class size: 3-4 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:30 AM	Reformer Beg/Int Danielle 6/5-6/26 \$100/session	5	8:30-9:30	Reform Barre Lisa 6/6-6/27 \$100/session	5	6-7 AM	Reform Barre Lisa 6/7-6/28 \$100/session	5	6-7 AM	Reformer Beg/Int Lisa 6/1-6/29 \$125/session	5	6-6:45 AM	Small Group PT Danielle 6/2-6/30 \$125/session	2	9-10 AM	Reform Barre Danielle 6/10-6/24 \$75/session	5			
						8:30-9:30 AM	Reform Barre Lisa 6/7-6/28 \$100/session	5				9:30-10:30 AM	Reform Barre Danielle 6/9-6/30 \$100/session	5						
<p>Studio Locations: 1-Mind/Body Studio 2-Small Group Training Studio 3-Pure Energy Studio 4-Cycle Studio 5-Reformer Studio 6-Athletic Performance Center</p>																				
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. <i>Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups</i></p> <p>ALL SMALL GROUP PT & REFORMER CLASSES REQUIRE A CONSULTATION APPOINTMENT FOR ANY PARTICIPANT THAT IS NEW TO OUR PROGRAM. <i>A one hour session will be scheduled with a trainer for a discounted rate of \$29 prior to your first class.</i></p> <p>REGISTRATION OPENS ON MAY 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p>					
5:45-6:45 PM	Reform Barre Danielle 6/5-6/26 \$100/session	5	8-9 PM	Reformer Beg/Int Danielle 6/6-6/27 \$100/session	5	12-12:45 PM	Reformer Express Lisa 6/7-6/28 \$80/session	5	6-7 PM	Reform Barre Danielle 6/1-6/29 \$125/session	5	12-12:45 PM	Reformer Express Lisa 6/2-6/30 \$80/session No class on 6/9	5						
 <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>																				

POP UP CLASS: Build a Balance w/ Ann Marie & Whitney on Thursday, 6/1 from 6:30-7:45 pm (\$20/member & \$25/non-member)

Class descriptions can be found on our website at www.fitnessunlimited.com

Turn over for Team Training Schedule